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Adequacy of bowel preparation among colonoscopy patients: A retrospective study

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The effect of bowel preparation is a very important in success of colonoscopy. The aim of this study was to determine adequacy of bowel presentation among colonoscopy patients with retrospective analysis. Ethics committee approval was received at the beginning and colonoscopy reports of patients (n=360) who had undergone colonoscopy with various indications between 2015 January-2015 December in General Surgery Department of a university hospital were evaluated. Data were analysed with frequency and percentage. Normality of all data sets was determined using the Kolmogorov-Smirnov (KS) test. Differences between groups were examined using the t-test. Statistical significance was set as $p < 0.05$. Rate of inadequate bowel preparation rate for colonoscopy and rectosigmoidoscopy was 12.5%. Inadequate bowel preparation was lower in patients older than 45 years ($p < 0.05$) and according to age groups there was a statistically significant difference between the bowel preparations. As a result; inadequate bowel preparation affects the success of this process negatively. This causes patients to expose repeated bowel preparation for colonoscopy. Repetition of the process leads to increase cost for hospital and causes workload of health professionals and also the invasive procedure raises anxiety of patients. Patients should be taught carefully about recommendations like taking prescribed diet, oral laxatives and applying enemas effectively. On the other hand, health care professions should pay more attention to prepare the bowel adequately and follow the hospital bowel preparation procedures carefully.

Biography

Zeynep KIZILCIK ÖZKAN, the responsible author of this study, is a PhD student at Department of Surgical Nursing and working as a research assistant at Trakya University, Faculty of Health Sciences since 2013. Her study areas are; colorectal surgery, pain, infections, neurosurgery

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